



## Breaking through the Mental Health and Wellness Barriers



At the Hillcrest Children and Family Center, our goal is to shine a light on the importance of mental and behavioral wellness and to serve as community educators, advocates, mentors, partners and change agents. Please take a monthly journey with us for an overview of the impactful services to over 1,500+ clients, through our robust clinical care, programs and outreach.

### Medicaid Impact Among Our Clients

**According to Managed Health Executive, Medicaid funding cuts threatens the lives of millions of Americans** who rely on the program for mental health care, putting essential services at risk. For the millions of Americans living with mental health conditions, **Medicaid not only serves as a health insurance program for those affected, but as a lifeline that provides access to critical services.**

Access to mental health care can be challenging for many, and Medicaid cuts could make it even harder. Medicaid is the single largest player for mental health services in the U.S., covering a wide range of treatments, including case management, therapy, medications and crisis intervention.

Without Medicaid, many of those affected would be left without care, which could increase the burden on folk's livelihood and the healthcare system. The final decision will determine whether millions of Americans can continue accessing the mental health care and other benefits of Medicaid they need to maintain stable lives.

### Youth/Young Adult Outreach

As a recent partner of the Office of Neighborhood Safety and Engagement (ONSE) Empowering Communities Through Innovative Violence Intervention Grant, Hillcrest is effectively engaging high risk individuals ages 18-35 daily in Ward 8 of the District of Columbia.

The primary purpose of this project is to engage individuals who are at the highest risk of violence and are often resistant and/or not eligible to be served with other preventive services while empowering communities with programs and services that provide a safer and more resilient neighborhood.



### Adult Outreach

Health facts show a direct correlation between health care providers and clients as it relates to promoting healthy lifestyles. Hillcrest is pleased to launch a series of "Physical Health Months" designed to encourage clients to stay on top of their health by assisting them in scheduling an appointment with their Primary Care Provider.

Each month, Hillcrest staff will encourage our clients to:

Get their annual physical exam

Follow up on chronic health conditions

Stay on track with prescribed medication(s)

Keep important primary care visits



**The Hillcrest's Certified Community Behavioral Health Clinic (CCBHC)** is in its third year of operating as a successful integrated care clinic. We take pride in providing comprehensive mental health and substance use services while emphasizing coordinated care among service providers. Our client Ms. Grace Odrick shared her testimony to successful treatment. "From being in deep ugly depression to the White House. I thank God for my RECOVERY, and my powerful Hillcrest Support Team".